

# **WALK THE LABYRINTH**

**The Community Church of Douglaston  
INVITIES YOU TO WALK THE LABYRINTH DURING LENT**



The Labyrinth is a walking meditation and a path of prayer. It has only one path that leads from the outer edge in a circuitous way to the center. There are no tricks to it and no dead ends unlike a maze where you lose your way, the labyrinth is a spiritual tool that can help you find your way.

**The Labyrinth walking experience will be available:**  
**11 am-2 pm and 6 pm-8 pm**  
**Mon. – Fri., March 18-22**  
and  
**Mon. – Fri., April 8-12**

Walking the Labyrinth quiets the mind, opens the heart and grounds the body ... Some find answers to questions long asked, some find healing, creativity, a sense of wholeness ... What will you find on your labyrinth journey?

For more information, or to schedule your walking time  
718 229 2169 or [secretary.ccd@verizon.net](mailto:secretary.ccd@verizon.net)

**39-50 Douglaston Parkway, Douglaston, NY 11363**